

# 12th Annual DILIGENCE DASH

**DATE:** Saturday, April 23, 2005

**TIME:** 8:30 a.m. – 5K Run & Walk

**PLACE:** Wilmington Waterfront/Coast Guard Moorings adjacent to the Hilton Hotel

**COURSE:** DASH: Scenic 3.1 mile run or walk through downtown Wilmington. Asphalt, cobblestone and brick surfaces. Water at 1 mile and at start/finish. Start/finish at USCGC DILIGENCE moorings. USATF certified course (NC-04041-PH).

**ENTRY FEE:** Pre-registration received by April 8th: Dash, \$20.00. After April 8th: \$25.00; Students and military w/I.D., \$15.00.

## REGISTRATION & PACKET PICK-UP:

Early Packet Pickup is at Omega Sports, Hanover Center, Oleander Drive, on Tuesday, April 19th from 4 to 7 pm. Racers receive a 10% discount on most store merchandise during this period. Race day registration is at USCGC Diligence from 7:00 to 8:00 am. The first 300 registered runners/walkers will receive Diligence Dash T-shirts. Additional T-shirts will be available for a \$15 donation. Please contact race director.

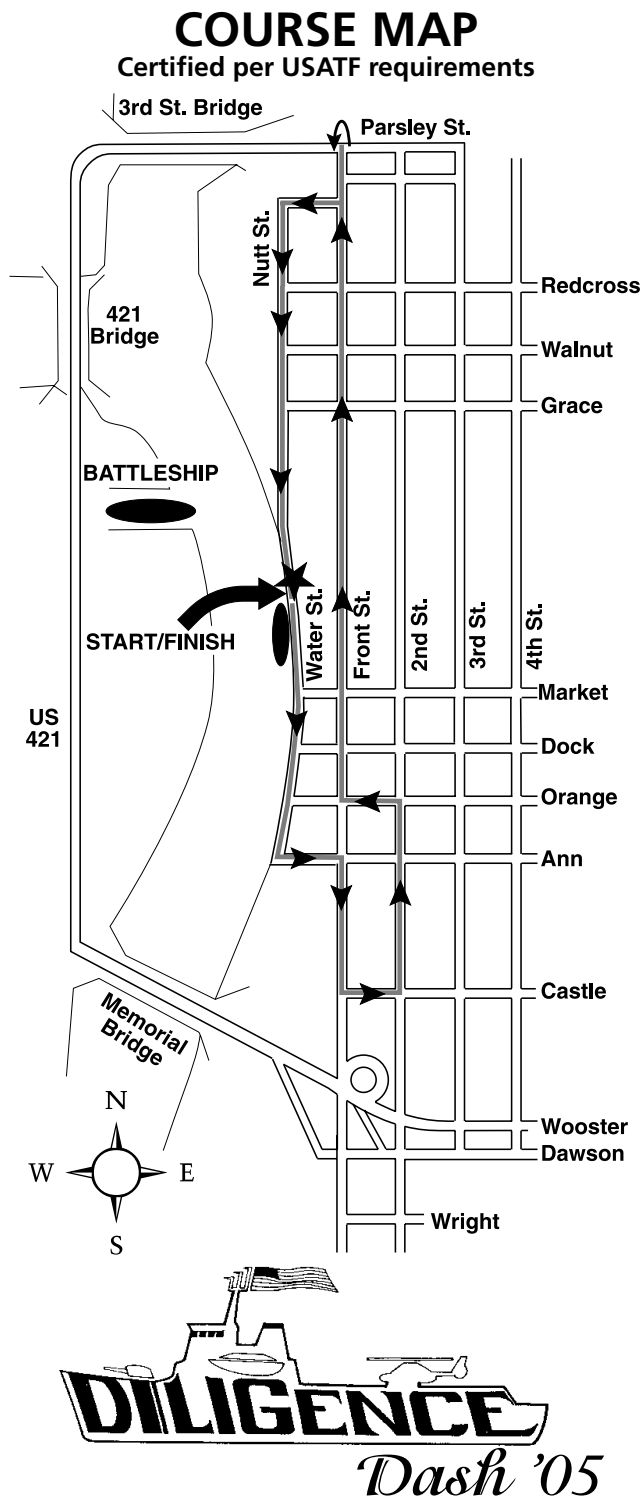
**AWARDS:** RUN: Awards to 1st and 2nd overall men's and women's finishers. Age group awards to top two in each men's and women's age group. Run age groups: 13 & under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & up.

WALK: Awards to 1st and 2nd overall men's and women's finishers. Age group awards to 1st in each men's and women's age group. Walk age groups: 49 & under, 50-59, 60-69, 70 & up.

**NON-PROFIT EVENT:** Benefits the Domestic Violence Shelter Wilmington, Cape Fear Council Boy Scouts, and the Crystal Coast Chief Petty Officer's Association

## RACE DIRECTOR & INFO:

LT JG Byron Creech, (910) 815-4528.



OFFICIAL USE ONLY  
BIB #

## 12TH Annual DILIGENCE DASH

☐ WALK ☐ RUN  
IF ABOVE IS NOT CHECKED,  
YOU WILL BE ENTERED IN RUN

April 23, 2005

Name \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Sex (circle): M F

Address \_\_\_\_\_ STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ [ ] \$20 by April 8 [ ] \$25 after April 8 [ ] \$15 Students & Military

Shirt Size: [ ] Small [ ] Medium [ ] Large [ ] X-Large [ ] XX-Large

LIABILITY RELEASE – MUST BE SIGNED

In consideration of the acceptance of my entry in the Annual DILIGENCE 5K, I, the undersigned, intending to be legally bound hereby, waive and release for myself, my heirs, executors, and administrators, any and all rights and claims for damages, demands and any other actions whatsoever, which I may have against the U.S. Coast Guard, the United States Government, the volunteer medical support, all participating supporters, and those entities' representatives, successors, and assignees, arising out of my participation in this event, including any and all injuries suffered by me as a result of my participation in this event.

I verify that I have full knowledge of the rigors of this race and the risks involved in participation, and that I am physically fit and have sufficiently trained for completion of this event. I realize that medical support for this event will consist primarily of volunteer personnel prepared to administer first aid type assistance along the race course and at the finish line. Reminder: No rollerblades, no head phones and no baby joggers. This event is sponsored by the Chief Petty Officer's Association and not endorsed by the US Coast Guard or the Department of Homeland Security.

Liability  
Signature \_\_\_\_\_

Signature of Runner (Or Parent if Under 18) \_\_\_\_\_

Date \_\_\_\_\_

**Make Check Payable to:**  
Crystal Coast CPOA

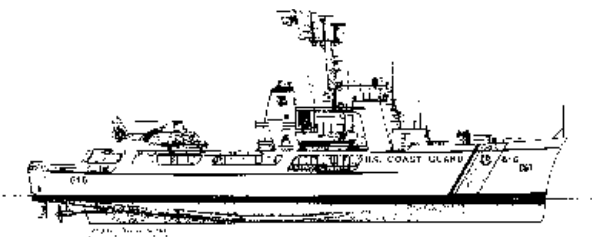
**Send to:**

USCGC DILIGENCE (WMEC-616)  
ATTN: BMC BARY STULL  
109 N. WATER ST.  
WILMINGTON, NC 28401



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April 23, 2005  
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Downtown Wilmington



*proceeds benefit:*  
**Crystal Coast Chief Petty  
Officer's Association**  
**Domestic Violence Shelter  
& Services of Wilmington**  
*and*  
**Cape Fear Council  
Boy Scouts of America**

USCGC DILIGENCE (WMEC-616)  
Attn: LTJG Byron Creech  
109 N. Water Street  
Wilmington, NC 28401

## U.S. COAST GUARD CUTTER *DILIGENCE*

presents

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Wilmington Waterfront  
North Carolina  
Saturday, April 23, 2005